



New Zealand and U.S. gun crews work together to offload a howitzer from a CH-47 helicopter at WAAF. The Kiwi gunners shared their methods while learning how the 25th ID cannoneers operate.

‘Steel,’ Kiwi gunners share skills for Lightning Whaitiri

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — U.S. and New Zealand artillery soldiers shared their experience during the multi-week Lightning Whaitiri exercise on Oahu and Hawaii Islands, Sept. 5-23.

Soldiers with Bravo Battery, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade combat team, trained with the 163 Battery, 16 Field Regiment, royal new Zealand artillery, here, and at Wheeler Army Airfield and at Pohakuloa Training Area, on the island of Hawaii.

Maj. Sam Bayley, commander, 163 Btry., explained gunners from both nations conducted day and night live-fire exercises, cultural immersion, sling and cold load operations during the exercise.

“Since we have arrived, we have conducted five-day, live-firing exercises, where we integrated the New Zealanders with the American crews, so each detachment had a mix of New Zealanders and Americans,” Bayley said.

At total, 57 New Zealand soldiers trained with Bravo Btry.

“We certified the Kiwi gun detachment to the standard that is required for the U.S. Army,” Bayley said.

Capt. Richie Appleton, battery captain,

163 Btry., found there were similarities, but differences in training and practice with artillery. The overall experience was positive between both nations.

“It’s been good for our soldiers to see how the U.S. Army artillery operates,” Appleton said. “This increases our interoperability.”

U.S. troops taught the New Zealanders how to properly cold load an M119A3 105mm howitzer into a Chinook helicopter and then rapidly remove it at WAAF, Sept. 17.

“Today is rehearsals in preparation

for our air assault to PTA on Friday,” said Capt. Tom Shepherd, commander, Btry. B.

The exercise at PTA is a culmination of efforts between both nations to show that the training paid off.

“Where going to belly-load two M119A3s, conduct a raid where the bird will land,” Appleton said. “We’ll load the gun off, fire rounds and wheel the gun back on to the bird to a tactical location.”

Gunner Daniel Ousey, 163 Btry., explained his cold load training at Wheeler prior to going to PTA.

“We’re rigging up the guns and seeing how it’s done from the other side like the air assaults,” Ousey said. “We’ll be rigging them up, chucking them on the helicopters and getting used to how it is done going up and down.”

He found his own experience with Btry. B, and in Hawaii, downright enjoyable.

“I think it’s awesome,” he said. “It’s good to see how it’s done differently and the change of scenery. It is beautiful here.”

Spc. Ramon Huerta, field artillery automated tactical data systems specialist, Bravo Btry., said his own experience with the Kiwi gunners was enjoyable too.

“It’s a good experience,” Huerta said. “It’s good learning how they train compared to what we do.”



Soldiers of 163 Btry., 16 Field Regt., Royal New Zealand Artillery, and their Tropic Lightning counterparts of Btry. B, 3-7th FA Regt., pull an M119A3 105 mm howitzer toward a Chinook helicopter for cold loading and rapid removal at WAAF, Sept. 17. The cannoneers increased their interoperability by integrating gun crews.

Connelly culinary crew competes

Story and photo by
SGT. IAN IVES
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — in the Army, many jobs are overshadowed by combat arms and Special Forces.

One noncommissioned officer, however, strives to change that notion with his team of food service specialists, to lead his team of nine to the next level of culinary competition, Sept. 29.

“I was told Hawaii had not had a Philip A. Connelly representative for about five or six years,” said Staff Sgt. Derrick Lewellen, food service manager, Company F, 225th Brigade Support Battalion, 25th Infantry Division.

Lewellen has competed four times in his 14 years of service, but he has never made it farther than the division level. So far, this year, Lewellen and his team have won the brigade, division and I Corps levels of the Connelly competition, and they are preparing for the U.S. Army-Pacific level, which is the 2nd highest level within which they can compete.

In order to train for this competition, Lewellen’s team support the Soldiers of the 25th ID in many of their operations, such as the Expert Infantry Badge competition. In doing this, not only can the team provide a benefit to Soldiers in training, but they can also



receive real-time training by testing new ideas to better their food service.

“My team and I have begun making signature food items,” said Lewellen. “This means that we take the items that have been given to us and make our own unique dish.”

However, his team’s creativeness is not the only thing that sets them apart.

“When introducing my team to evaluators, I like to distinguish members of my team and their individual accomplishments,” said Lewellen. “Among my team, I have last year’s winner of the division chef of the year, three chef of the quarter winners and two members who will be advancing to the division chef of the year, this year.”

It is this kind of attitude for his career field and his Soldiers that sets Lewellen aside in competition and within his chain of command.

“His energy and focus on Soldiers and standards has always paved a good platform for the young Soldiers working under him,” said Master Sgt. Nate Conley. “Even though he has been working in a sergeant first class position, he has also shown a great admiration for the position. When I first met him, because of the way that he operated, I thought he had been a staff sergeant for a long time, but it turns out he was still a young staff sergeant.”

Conley, 2nd Stryker Brigade Combat Team supply officer/chief food management NCO, has known Lewellen for three years and helped him to begin participating in the Philip A. Connelly program, this year. Conley has many years of experience with the Connelly program himself and sees potential for Lewellen to continue advancing.

“I feel very confident in his ability to lead his team to winning the USARPAC competition and far beyond that,” said Conley.

Lewellen always strives to provide the best support for Soldiers through his food services. This quality sets Lewellen apart from others.

“Even though I am in one of the most under-appreciated military occupations, it is the most rewarding,” said Lewellen. “When Soldiers are hot and exhausted from doing missions, we are the ones who get to put the smile back on their face.”



Pfc. Willie Wyers, a food service specialist with Co. F, 225th BSB, 25th ID, serves Soldiers from 2nd SBCT at East Range, here, Sept. 14.

Garrison to host Facebook town hall

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Soldiers and families are invited to present community-wide concerns during U.S. Army Garrison-Hawaii’s quarterly Facebook Town Hall, 6-7:30 p.m., Tuesday, Sept. 29.

The digital town hall offers a real-time communication pathway for the U.S. Army Hawaii population to connect with subject matter experts who can address questions about garrison services and programs.

The most convenient part of holding a town hall virtually is that participants don’t have to disrupt their schedules to attend in person. They can log in from the comfort of home and post questions anytime prior to or during the 90-minute event. Then, sit back and wait for a response.

Garrison subject matter experts will spend an hour and a half addressing as many community concerns as possible. Participants are asked to remain patient while waiting for a response from representatives, such as the Directorate of Emergency Services; the Directorate of Public Works; the Directorate of Family and Morale, Welfare and Recreation; and Island Palm Communities. Tenant organizations like the Commissary, Exchange, Tripler Army Medical Center, and the Schofield Barracks Health Clinic will also be in attendance.

All original comments posted before or during the town hall will be answered, if not during the event, in the days following.

Individuals taking part in the digital discussions also should review the posting policy located under the “About” tab before participating. Comments that include swearing or comments that are personal attacks, obscene or abusive will be removed, and the user may be banned from interacting on the page.

Attendees visiting the online town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions. For example, if asking about streetlights, provide the street name, installation and the closest cross streets, buildings or landmarks. This method will help DPW pinpoint the location in question exactly, which will facilitate a faster response, both online and in real-world repairs.



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Police Call

Community must give EMS vehicles access

COL. DUANE R. MILLER
Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

We recently became aware of two specific areas of concern regarding first responders’ responses to calls. The first issue is the movement of vehicles and personnel on the roadway to clear a path for emergency vehicles; the second is the ability of emergency vehicles, specifically fire trucks and ambulances, to maneuver through narrow streets with cars parked along the roadway.

Unlike most cities and municipalities, on Army installations, we tend to have an abundant number of personnel on the streets conducting physical training in the morning. This poses an additional problem for our emergency responders attempting to travel to locations where services are required. We want to take this opportunity to ensure that community members know what actions are required when an emergency vehicle approaches.

•**If in your vehicle**, statute requires that upon the immediate approach of an authorized emergency vehicle making use of audible and visual signals, the driver of every other vehicle shall yield the right-of-way and shall immediately drive to a position clear of any intersection and parallel to, and as close as possible to, the



Miller

right hand edge or curb of the roadway, and shall stop and remain in such position until the authorized emergency vehicle is passed, except as otherwise directed by a police officer.

•**For pedestrians**, including units conducting PT, the requirement is for personnel to immediately vacate the roadway until the emergency vehicle has passed.

There are certain areas on the installation where the width of the road and parking of vehicles along the road have made it impossible for fire trucks and ambulances to reach their destination safely, resulting in emergency personnel leaving their vehicles and traveling to the emergency by foot.

From a medical perspective, this has led to a delay in emergency medical responses. From a structural fire standpoint, the inability for a fire truck to reach a destination that may require fire suppression could lead to a total loss of a facility ... or loss of life.

As such, there are certain roads on the installation that will require changes to authorized parking. We will be working with Public Affairs in the coming weeks to notify the community of the roadways that will be affected by parking changes.

Directorate of Emergency Services

For more information on the services and personnel who support this community, please visit www.garrison.hawaii.army.mil/des/default.htm



Police Call Roll-Up

Fort Shafter

- 1- Property Theft
- 1- Traffic Accident

Hawaii Armed Services Police (HASP)

- 1- Domestic Disturbance
- 2- Under the Influence

Helemano Military Reservation

- 1- Property Theft

Schofield Barracks

- 1- Domestic Disturbance
- 1- Property Theft
- 2- Traffic Accident
- 2- Wrongful Property Damage

Adaptive leaders learn to think outside of box

STAFF SGT. TRAMEL GARRETT
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Deployed, a staff sergeant is tasked to receive vital information from a village elder.

The unit and the village have a good working relationship and trust is beginning to form. The staff sergeant meets up with the elder’s security guard to escort his squad safely into the village.

As he approaches the elder to introduce himself, things take a drastic turn.

“Who are you and why are you here,” the elder asks.

The squad leader replies, “We’re here for a meeting and your security guard escorted us.”

The elder has no security guard and was unaware of any meeting. Now, what does the squad leader do? It’s time to think on his feet and make decisions that could save the lives of everyone involved.

Just imagine the degree of difficulty involved in this life-changing decision.

This scenario and others like it is given to leaders during the 25th Infantry Division’s Lightning Academy Adaptive Leaders Program, which mirrors the Asymmetric Warfare Adaptive Leader Program at Fort A.P. Hill, Virginia.

“The Army’s asymmetrical group has invested a lot of time to make sure we are putting out the best product,” said Staff Sgt. Timothy Robinson, adaptive leader instructor assigned to the Jungle Operations Training Center.

“We believe this is very important to the Army, because producing agile and adaptive leaders could potentially save lives,” he explained.

“We go deeper than check-the-block training. This course shows a person who they really are and hits your core values as a leader,” Robinson added.

Asymmetric Warfare Group personnel add guidance to events taught by the program’s primary instructors. The program itself is driven by the Army Learning Model 2015. Participants need to think about every aspect of a decision.

“This program makes you think outside the box,” said Michael Hollis, jungle operations senior instructor. “I would rather have an adaptive Soldier who will be able to think on their own.

“There’s a possibility that my Soldier sees something I didn’t see, which could save lives, he added. “I believe this course should be at every division. It really challenged me.”

Asymmetrical

Asymmetric warfare is defined as warfare in which opposing groups or nations have unequal military resources, and the weaker opponent uses unconventional weapons and tactics, such as terrorism, to exploit the vulnerabilities of the opposing force.

Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Tropic Lightning posts courts-martial results

The Office of the Staff Judge Advocate, 25th Infantry Division, posts results of the following recent courts-martial.

•A sergeant in Company C, 29th Engineering Battalion, 3rd Brigade Combat Team, was found guilty of one specification of false official statement, one specification of sexual assault, one specification of attempted sexual assault, and one specification of abusive sexual contact.

He was sentenced to 40 months confinement, to be reduced to the grade of E-1 and to receive a dishonorable discharge.



FOOTSTEPS in FAITH

Power of mentors comes from life experience

CHAPLAIN (CAPT.) JEFFERY B. HERDEN
25th Infantry Division

I’ve noticed in my counseling experience that more and more of our younger generation of Soldiers are making significant decisions in life without seeking guidance.

They are going at it alone.

Many are getting married without much forethought or consultation. Others are making major purchases without checking in with some older, wiser sages to see if such a course of action is prudent.

The fallout from this “go it alone” approach to life rarely goes well and is sometimes disastrous.

The causes for this isolated manner in which people make major life decisions is more than likely traceable to breakdowns in the family. Many Soldiers coming into the Army didn’t have a consistent model lived out before them of how to slow down and think carefully and soberly through life.

An ancient Hebrew proverb reminds us that having many counselors in life brings much-needed clarity and perspective that can guide us through the maze of choices we encounter. These don’t always need to



Herden

be professional counselors. Some of the best-qualified folks are usually just a little older, wiser, with a track record of making good morally and logically sound choices.

My battalion has started a marriage-mentoring program, wherein older couples are sharing their experiences and lessons learned with younger couples that are newly married and new to the island. It’s a joy to watch life-on-life, iron-sharpening-iron, in these small group huddles we do every first and third Wednesday of the month. I’m confident it will pay dividends for these young couples.

Here are five reflections on why mentoring can happen anywhere, at anytime, and why it makes such a difference in people’s lives.

1. Mentors have staying power. Unlike professional counseling relationships, mentors tend to arise more naturally in work settings and faith communities.

Because of the bond they build with the people they help, their impact is more enduring.

2. Mentors are more on level with the folks that they help. They often share the same life experiences as those they guide and can therefore speak as one who “got the T-shirt.”

3. Mentors can instruct and impart wisdom from both their successes and their failures. Sometimes it’s the failures that impart the most powerful life lessons.

4. Mentoring can go both ways in a relationship. Depending on circumstances in life, the student can also become the teacher.

5. Mentoring requires no degree, just compassion and transparency.

I close with some questions for self-reflection: Who is your mentor? Who are you seeking out to help you navigate through life? Who are you mentoring? Who are you helping to gain skill for living?

“Without consultation, plans are frustrated, but with many counselors they succeed.”
— Proverbs 15:22.

Voices of Ohana

What has someone done to uplift you recently?

By 8th Theater Sustainment Command Public Affairs



“A senior member has taken a personal interest in my well-being.”

Lt. Col. George Corbari
G5 assistant chief of staff
USARPAC



“I took a Career Challenge course, recently. It’s nice of the Army to give me the opportunity to better myself.”

Gary Ikeda
System administrator
RCC



“To show appreciation for our hard work (at UFG, our section had a party at the bowling alley.”

Chief Warrant Officer 2 Samuel Rodriguez
Support operations mobility warrant officer
8th TSC



“My husband’s in the field and I told him I had a bad day. The next day I received flowers from him.”

Staff Sgt. Michelle Russett
SGS NCOIC
8th TSC



“My boss is always interested in how I’m doing, and making sure that everything is OK.”

Col. Gregory Smith
Joint Operation Center director
USARPAC

IMCOM leaders mark National Preparedness Month

**LT. GEN. DAVID HALVERSON AND
COMMAND SGT. MAJ. JEFFREY HARTLESS**
Installation Management Command

FORT SAM HOUSTON — Natural and man-made tragedies follow no timetable. The 10th anniversary of Hurricane Katrina, the remembrance of Sept. 11, 2001, and this summer’s shootings at reserve and recruiting centers in Chattanooga, remind us of the need for preparedness.

When we aren’t prepared, these events challenge our collective security and resilience. As we left August and entered September, we marked the end of Army Antiterrorism Awareness Month and the beginning of National Preparedness Month.

Our entire Army shares the responsibility to be prepared. Preparing Soldiers, civilians and our families for emergency situations ensures the strength of our resources and our ability to con-

tinue to safeguard our installations. This year marks the 12th annual observance of National Preparedness Month. The U.S. Army’s focus remains steadfast: Educate, empower and involve the Army community in preparedness

activities to enhance the resiliency of the Army and increase the nation’s readiness for all hazardous events. Accordingly, preparedness campaigns provide a recurring opportunity to take action before

a crisis. They foster a culture of preparedness and strengthen our resilience. Commanders at all levels must encourage heightened awareness and preparedness. They must refine and rehearse appropriate emergency action plans to prepare for, mitigate, prevent, respond to and recover from the effects of natural or man-made hazards and disasters.

Our Ready Army campaign outlines the four tenets of Army preparedness: Be Informed, Make a Plan, Build a Kit and Get Involved. Additionally, in an effort to increase emergency preparedness and community resilience, everyone is encouraged to participate in the national day of action, National PrepareAthon! Day, the culmination of National Preparedness Month, Sept. 30.

“Don’t wait – communicate. Make your emergency plan today!”
Support and Defend!

DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!

FEMA AMERICA'S PrepareAthon! Ready

Ready Army
and More

Installation preparedness staff can locate resources for local preparedness efforts to be informed, make a plan build a kit and get involved.

Visit www.acsim.army.mil/readyarmy or www.ready.gov.

DOD celebrates National Hispanic Heritage Month



Photo by Staff Sgt. Carlos R. Davis, 2nd Stryker Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Pvt. Eruka Sigdel, a wheeled-vehicle mechanic assigned to Company D, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, sings “Promise” a Bachata song by Romeo Santos, during the 2014 Hispanic American Heritage Month Observance at the Warrior Dining Facility.

DOD NEWS-DEFENSE MEDIA ACTIVITY
News Release

The Defense Department joins the nation in celebration of National Hispanic Heritage Month, observed Sept. 15 through Oct. 15.

During National Hispanic Heritage Month, the department and the nation honor the histories, cultures and contributions of American citizens whose ancestors come from Spain, Mexico, the Caribbean and Central and South America.

The month also marks the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua; the independence of Mexico and Chile are observed shortly thereafter, on Sept.16 and Sept. 18, respectively.

The theme of this year’s observance, “Hispanic Americans: Energizing our Nation’s Diversity,” harkens to the vibrant and thriving contributions of Hispanics to our nation across the centuries, according to the release.

The celebration seeks to draw attention to the diversity and countless contributions Hispanics continue to make to enrich the United States and strengthen the defense of our nation.

The department will honor National Hispanic Heritage Month with programs and activities at installations around the world, the release said.

The Pentagon hosted a ceremony to present a temporary display, designed and owned by the Hispanic Medal of Honor Society, which fea-

tures Hispanic Medal of Honor recipients. The society promotes the awareness of the patriotism, gratitude and loyalty of Hispanics in the United States.

Other Hispanic Medal of Honor displays around the National Capital Region include one titled, “Return with Honor,” which illustrates the story of Cmdr. Everett Alvarez Jr., the first American pilot shot down over North Vietnam, the release said.

“Return with Honor” will be featured at the Navy Yard in Washington, D.C. A third display entitled “Justice for my People” showcases the story of Dr. Hector P. Garcia, the first civil rights activist and founder of the American G.I. Forum, will be displayed at Fort Belvoir, Virginia, in Bldg. 1458.

The DOD is committed to honoring and recognizing Hispanic Americans who strengthen the fabric of our country . All department personnel are encouraged to recognize the immeasurable contributions made by Hispanic Americans and to celebrate the diversity of DOD’s workforce.

Observance

Attend the Hispanic Heritage Month observance from 1-2 p.m., Friday, Sept. 25, at Aliamanu Military Reservation Chapel. The theme is “Energizing Our Nation’s Diversity.”



John Manahane, left, 599th Trans. Bde. traffic management specialist, finds missing cargo in a truck bed during port operations, Aug. 23.

599th Trans. loads, ships 95th Eng. Co. for Korea rotation

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade conducted port operations, here, Aug. 23, on the ship MV Green Ridge for the 95th Engineer Company’s unit rotation, and it handled the company’s offload, Sept. 6-7, in Korea.

The brigade headquarters teamed up with a deployment and distribution management team (DDMT) from the 836th Trans. Battalion and the Guam Detachment; Fleet Logistics Center, Pearl Harbor; and the 13th Navy Cargo Handling Bn. out of Gulfport, Louisiana, to upload the ship.

John Manahane, 599th traffic management specialist, was the 599th operations chief for the move. He said the nature of the equipment and the layout of the ship limited efficiency.

“There were no real glitches, but the move was slow,” he said. “First, we had some trouble trying to move the palletized loading systems onto the vessel. Once we developed the concept, the move went faster.

“Then there were some challenges to move the Huskies with their trailers around the interior ramps of the ship,” Manahane added. “We were able to solve that by using a couple of front loaders to move the trailers into place.”

Guam Detachment operations officer Ray Barrer acted as a marine cargo specialist for the move. The DDMT arrived at the port Sept. 18 and was busy with preparations up until the move.

“We got together with Clayton (Maciorowski) and the S6 team to make sure the scanners were up and running. We also made sure that the cargo list was good to go,” Barrer said.

“We coordinated with Central Gulf Lines that they had adequate space and proper dimen-

sions for the cargo,” he continued. “Finally, we reviewed the load plan to make sure we had the right dimensions and weight,” said Barrer.

Preparations and the move were easy, he said. “Everything went smooth. The engineers provided all the info required. Our cargo documenting people worked with the points of contact making sure that the lift was correct. It was one of the smoother operations I can remember,” he said.

“In all, we were able to load 120 pieces of unit equipment during seven hours of vessel operations. The move began at 8 a.m. and finished at 3 p.m., with an hour break for lunch,” Manahane said.

The ship sailed from Pearl Harbor to Guam Commercial Port where Barrer also met the ship.

“On Sept. 1, the Green Ridge came into the port at noon. We discharged cargo here for Naval Base Guam. We started discharging at 1 p.m. and were done at 4 p.m. The ship left the same day for Korea,” Barrer said.

The cargo’s final destination was Busan, South Korea, where the 599th’s subordinate unit, the 837th Trans. Bn., offloaded it, Sept. 6-7.

Ray Turner, 837th operations officer, said the battalion turned the ship around quickly.

“Because of the way the pieces were loaded and because the ship is a roll-on, roll-off vessel, the containers were slow coming off. Each truck had to back up the ramp and get one container, then we would have to wait for the next,” Turner said.

“But the stow plans coming out of Port Hueneme were very accurate, and we had good communications every step of the way, so we knew about how long it was going to take to offload each one,” Turner added.

“In all, we were able to offload the vessel and turn it around in 22 hours,” he said.

Ribbon cut for big project

Story and photo by
DINO W. BUCHANAN
U.S. Army Corps of Engineers
Honolulu District Public Affairs

SCHOFIELD BARRACKS — Officials from the U.S. Army Corps of Engineers, U.S. Army Garrison-Hawaii’s Directorate of Public Works, the 29th Brigade Engineer Battalion, and military police units gathered, Tuesday, to hold a ribbon-cutting ceremony for Schofield’s new South Range road project area.

The 101-acre complex, built by contractor Joint Venture Dck-ECC Pacific LLC and managed by the Honolulu District, features 22 new buildings, five miles of roadway and a one-million gallon water storage tank.

It’s the new home for the 29th BEB, 249th Engineer Battalion Prime Power “A” Company, the 19th MP Bn. (CID), and the 500th Military Intelligence Bde.

During the ceremony, Brig. Gen. Jeffrey L. Milhorn, commander, USACE-Pacific Ocean Division, told guests the planning for the South Range project began in 2004, with design starting in 2007, for a complex to be built in an undeveloped area of Schofield Barracks, without utilities or infrastructure, once used for farming pineapple.

“With today’s ribbon cutting, we are celebrating operation of these state-of-the-art and highly energy efficient troop command and maintenance facilities, while also recognizing our continuing partnership with the Army Garrison-Hawaii, the 25th Infantry Division, IMCOM (Installation Management Command), military commands and our contractor teams,” Milhorn said.

In March 2011, the U.S. Army Corps of Engineers awarded a \$127.9 million contract — far below the programmed amount of \$237 million — to Joint Venture Dck-ECC Pacific

for construction of the South Range campus, the largest single construction contract in Honolulu District’s recent history.

“Four projects for the campus were consolidated into one solicitation contract package because of the remoteness of the construction area, requirement to incorporate all utilities and infrastructure, common campus architecture, efficiency and economy of scale,” Milhorn said.

The South Range’s new infrastructure and sustainability components constructed also establishes a utilities backbone structure for various vertical buildings, a training support center and many future military construction building projects, as well as translates into real dollar savings for the garrison and the Army for the next 20 to 30 years.

“Handing over the keys to several command and battalion facilities inside Schofield’s South Range project area is what we, the Corps of Engineers and partners, envision when we sign on to build these world-class facilities,” Milhorn said. “These particular facilities will have a significant impact on the quality of life and readiness of Schofield’s Soldiers, as many new South Range occupants were previously scattered in overcrowded and inadequate facilities throughout Schofield.”

Milhorn explained that the completion of these South Range facilities allows Army units to ensure ease in scheduling training, maintaining the units’ readiness, plus more productivity and higher morale.

“Our entire Army Corps of Engineers’ team takes great pride in being a part of the Army team and the supporting role we provide to our Soldiers, so they can fulfill their mission in Hawaii and around the world,” Milhorn said.



Brig. Gen. Jeffrey L. Milhorn (center), commander, USACE-POD, performs a traditional maile lei untying and ribbon-cutting for the 101-acre South Range project, Tuesday.

PTA

POHAKULOA TRAINING AREA, HAWAII

2-25th Avn. executes new tables of aviation gunnery

Story and photo by
2ND LT. ALYCIA CRAVEN
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

BRADSHAW ARMY AIRFIELD — During the first half of September, the 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, conducted multiple ground and air ranges during its annual training exercise at the Pohakuloa Training Area on the Big Island.

During the annual training exercise at PTA, 2-25th Avn. Regt. qualified dozens of Soldiers on a multitude of weapon systems.

“The primary focus of PTA was to execute the new tables of aviation gunnery,” explained 1st Lt. Jeffrey Turner, 2-25th operations officer. The new tables are essentially scenarios in which air-crews engage targets through different modes of flight to provide realistic engagements to both the crew chiefs and door gunners.”

The battalion executed the six warfighting functions, with the primary focus being mission

command, protection, and movement and maneuver, said Turner.

PTA is the only training area in the state of Hawaii that is large enough to offer an aviation unit the safe air maneuver space required to conduct aerial gunnery. This training requires leaders to synchronize multiple functions in order to be successful.

During the PTA rotation, 1st Lt. Jim Castan, flight platoon leader, Company A, served as air mission commander, officer in charge and range safety officer for multiple aerial gunnery ranges.

It was Castan’s job to ensure safety was enforced, standards were followed and the mission was accomplished.

“I was responsible for executing the commander’s intent, while ensuring the safety of the crews and aircraft,” Castan said.

Evolving weather conditions forced the battalion to stay adaptive.

“We had multiple changes ranging from weather to mission changes and broken aircraft. All these obstacles tested our air mission com-

manders, leaders and pilots, which validated our readiness to deploy whenever necessary,” said Castan.

“This rotation postures us for future combat training events, such as Lighting Forge, and combat training centers, such as the National Training Center in California,” added Turner.

The 2-25th’s training at PTA was halted three days early due to inbound hurricanes Ignacio and Jimena.

Almost a day after pushing out the decision to return the aircraft back to the safety of Wheeler Army Airfield’s hangars, more than 200 Soldiers, dozens of aircraft and thousands of pounds of equipment were transported back to Oahu.

“The execution of the emergency redeployment, due to the two hurricanes that had the potential to hit the Big Island of Hawaii, validated our ability to be agile and showcased our adaptability,” Turner said

2-25th Avn. Regt. resumed normal operations and continues to prepare itself for the contingency response force mission in the Pacific.



Three Black Hawks take flight from Bradshaw Army Airfield on their way back to Oahu, Aug. 29. Pohakuloa is the only training area in the state large and safe enough for aerial gunnery.

40th CSC tests ‘water in a box’ packaging in Malaysia

Story and photo by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

TAIPING, Malaysia — Soldiers from the 40th Composite Supply Company, 524th Combat Sustainment Support Battalion, 25th Sust. Brigade, 25th Infantry Division, tested the Aspen 2000MD water purification system and mobile water packaging system, here, Sept. 15-16.

The testing was designed to determine if it could enhance the water capabilities of 2nd Bn., 27th Inf. Regiment, 3rd Bde. Combat Team, 25th ID, as it conducted an exercise in the jungles of Malaysia.

The mobile water packaging system (MWPS), or “water in a box,” uses the Aspen component combined with a self-packaging water trailer. It is designed to package purified water into 3-liter bags that will fit most Soldiers’ hydration systems, taking away the need for purchasing and using water bottles.

“This system will allow military units to package their own water, instead of relying on major water contracts for potable water,” said Maj. Bradley Cooper, brigade logistic support team chief for 2nd BCT, 25th ID.

The MWPS is designed for company-sized and below, by producing up to 2,000 gallons of purified drinking water, daily, from fresh, salt or

brackish water. Its compact size provides for greater ease of transportability.

It consists of a filtration system, two 1,000-gallon water bags for water storage, water pumps, generators and the water quality monitoring set purification for on-site quality assurance.

According to Cooper, the water used by the packaging system can be purified using any of the four Army purification systems.

Depending on the filtration system used with the packaging system, it can be operational and producing water within a few hours. Once the system is connected and producing 3-liter bags, the machine can package more than 370 bags per hour.

“This system can be time consuming, especially the smaller the purification system that you use, but if you hook this up to a reverse osmosis water purification unit and had it connected to a water hippo, you could mass produce in a matter of hours,” said Cooper.

There are currently only two MWPS systems across the Army, one with U.S. Army-Pacific Command and the other with U.S. Army-South. As the MWPS is tested, the water treatment Soldiers will continue to learn and provide feedback to help improve the system and design.

According to Sgt. Terrin Russel, a water purifi-

cation specialist with 40th CSC, the system is highly beneficial and will be advantageous in the future.

Cooper also thinks there is a lot of potential for

the system to be used in humanitarian aid missions around the world, as well as reducing the amount of bottled water the Soldiers use when training in foreign countries.



Spc. Derek York and Al-Tariq Crawford, water purification specialists from 40th CSC, connect the Aspen 2000MD water purification system to a 1,000 gallon storage bag during their deployment to Malaysia, Sept. 15. The system can produce more than 370 3-liter bags of water per hour.



Capt. Heba Bullock, 25th Combat Aviation Brigade Public Affairs

SCHOFIELD BARRACKS — 1st. Lt. Zachary Bontrager, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, receives a welcoming embrace from his wife, Stephanie, upon redeployment from South Korea, Sunday.



26 / Saturday

USMC — The Marine Corps is performing artillery training on Schofield’s range until Sept. 30.

28 / Monday

Bougainville Loop —There will be a partial road closure at Aliamanu Military Reservation along Bougainville Loop and at the intersection of Plumeria and Bougainville. Lanes along Bougainville will be restricted to one lane only until Oct. 2. The intersection of Plumeria and Bougainville will have alternating lane closures through Oct. 16 for underground utility installation.

The intersection of Plumeria Bougainville will have alternating lane closures, Oct. 9-23.

30 / Wednesday

Kolekole Klosure — There will be a lane closure on Schofield’s Kolekole Avenue outbound between Flagler Road and Devol Street. The right lane on Kolekole outbound will be

closed in front of Bldgs. 2623, 2624 and 2625, daily, 8 a.m.-3 p.m.

Construction is scheduled to end Oct. 23. There will be no work on weekends or holidays.

Cadet Sheridan — There will be a complete road closure on Schofield’s Cadet Sheridan Road, weekdays, 8:30 a.m.-3:30 p.m., from the north side of Elou Street to the south side of Trimble Road. A portion of the Trimble right turn lane onto southbound Cadet Sheridan will also be closed. The work will be performed until Oct. 2. Only one road closure will be done at a time. Trimble won’t be closed while Cadet Sheridan is closed and vice versa.

Airdrome Road — Wheeler’s Airdrome Road will be converted from a two-way road to a one-lane contra-flow around construction. The first phase will be performed to Oct. 21; Phase 2 will be Oct. 21-31.

Ongoing

Signal Drain — The modified traffic flow at Signal Street that began Sept. 17 continues through Oct. 8 for storm drain work. Signal Street is closed, 24 hours a day, in both directions, near the southeast corner of Bldg. 1507 for approximately 100 feet thereafter. Traffic is being detoured through the adjacent parking lot.



Today

TD 96-C — The National Weather Service and the Hawaii Emergency Management Agency are watching Tropical Disturbance 96-C, which was located southeast of the Big Island and is moving north-northwest very slowly .

The track and potential impacts of TD 96-C are extremely uncertain at this time, but NWS reports show heavy thunderstorm activity with favorable conditions for organization of the system to take place sometime during the next few days.

As of press time, NWS models indicate timing of any impacts affecting the state to arrive sometime early next week.

ERP — Attend the U.S. Army Garrison-Hawaii Employee Recognition Program luncheon, 11:30 a.m., at the Leilehua Bar & Grill. Call 656-7281.

Tax Prep — Under the Affordable Care Act, the federal and state governments, insurers, employers and individuals are given shared responsibility to reform and improve the availability, quality and affordability of health insurance coverage in the U.S.

For the 2015 tax year, Defense Finance is required to furnish a Form 1095-C to each employee. MyPay has been updated to allow you to elect to receive this tax form electronically. Civilian employees are highly encouraged to log into myPay to turn on electronic delivery. Go to myPay and from the main menu of myPay, select “Turn On/Off Hard Copy of IRS Form 1095.”

Visit www.irs.gov/Affordable-Care-Act. For additional details on the tax information you will be receiving from DFAS, visit <http://go.usa.gov/3pQUR>.

Per Diem — An amendment to the National Defense Authorization Act was successfully added to restore federal per diem rates for employees and military personnel who were cut as a result of a Department of Defense policy in 2014.

The amendment to H.R. 1735 reversed cuts of 25 percent and 45 percent, respectively, to federal and military personnel that are on temporary duty assignment longer than 30 or 180 days.

Bronco Broadcast — Listen as Spc. Zachary Davis, Co. D., 29th Brigade Engineer

Battalion, 3rd Brigade Combat Team, speaks on the “Talking With Heroes” program. Davis discusses how his work as a linguist enables warfighters on the battlefield, the training he’s received while in the Army and his plans for the future. Visit <http://tobtr.com/7935583>.

26 / Saturday

Drug Take-Back — The Schofield Post Exchange hosts a collection point for National Prescription Drug Take-Back Day, 10 a.m.-2 p.m., to return unused or expired prescribed medications in an effort to stem misuse/abuse.

28 / Monday

CIE — The Army Hawaii community is invited to attend the Community Information Exchange, 9-10:30 a.m., at the Nehelani. Participants may ask questions about services and programs.

29 / Tuesday

Facebook — The garrison community is invited to participate in a Facebook town hall, 6-7:30 p.m. Visit [www.facebook.com/ us-aghawaii](http://www.facebook.com/us-aghawaii); click on the “Events” tab in the upper tool bar, and then click on the September event to access the town hall. All questions and comments posted during the event will be addressed; comments not addressed during the town hall will be answered during the days following the event.

30 / Wednesday

Cyber Hall — Air Force Lt. Gen. James McLaughlin, U.S. Cyber Command, will hold a town hall, 3:30 p.m., in Schofield’s Post Conference Room, with the goal of educating military and civilian personnel on the CYBERCOM mission, what it’s doing to support the rest of the DOD, the progress of the cyber mission force build (and what that means for the services), the need to operationalize cyberspace, and the importance of understanding that cybersecurity is not just a “6” issue – it is commander’s business and it starts with the individual.

Law School — Interested in earning a law degree at Army expense and joining the JAG Corps? Attend a briefing, 1-4 p.m., at the 8th Theater Sustainment Command Courthouse, Wheeler Army Airfield, 1414 Santos Dumont Ave., Bldg. 817. Call 438-6720.

October

1 / Thursday

APO Parcels — Save time by going online to create and print forms prior to arriving at the Post Office. Visit www.usps.com and select “Complete Customs Forms,” found under the “International” tab or by visiting cns.usps.com and creating a “Click-N-Ship” account.

Also, watch this space for USPS holiday overseas mailing deadlines coming soon.

Communication is the key to suicide prevention

SCHOFIELD BARRACKS ADOLESCENT SUPPORT AND COUNSELING SERVICE
News Release

Teen suicide is a real issue today in the U.S. While suicide sounds very scary, it is 100 percent preventable if each of us contributes to the wellness and resiliency of our teens.

With brain development at high speed and the many transitions and challenges our teens face daily, it is necessary for all parents to take time for a conversation with their teens about the risks and protective factors of teen suicide.

Parents can start by spending time with their ‘tweens and teenagers. Listening while remaining nonjudgmental may help teens to realize that their parents are present and available.

All too often, teens say, “My parents are too

busy.”

While many families are very busy, setting a regular time to just chat with one another can provide some structure to set the perception for a teen that they are important and they matter.

While risk factors are often potential signs, not all risk factors mean that suicide will occur.

Observe your teen daily. Look for significant changes in behavior, to include the five Ws that the teen is talking, blogging or texting about. Discuss any expressions of wanting to die or kill oneself; searching online about how to do self-harming actions; talking about feeling hopeless or having no reason to live; sleeping patterns that have significantly changed; observing mood swings; isolation; and/or giving up on activities, sports, goals that are no longer important to the teen.

While signs, symptoms and risk factors are often potential signs, not all mean that suicide will occur.

Help your teen identify and cope with challenging situations, such as arguments, failed tests, losses, disappointment, anger and peer pressure. Implement the resilience and performance skills taught through the Comprehensive Soldier Family Fitness Program, or CSF2, such as active constructive responding and strategies to detect “icebergs.”

Take action

If you’re concerned about suicidal thoughts for your teen, don’t hesitate to take a stand and ask for help. Resources are available.

Adolescent Support And Counseling Service, or ASACS, is a confidential, voluntary and free program for military dependents and their parents. It has offices at several schools near Army installations and at Schofield Barracks, Aliamanu Military Reservation and Fort Shafter.



Facts and Resources

According to the Centers for Disease Control, in our society, suicide is the third-leading cause of death among youth ages 10-24.

Among 10-24 year olds across the U.S., 157,000 youth receive medical care for self-inflicted injuries at an emergency room.

The CDC also reports that 16 percent of high school students claim they have thought about committing suicide and around 8 percent of them say that they have tried killing themselves at least once.

If you have questions, want to talk with an adolescent counselor, learn about adolescent trends and strategies to prevent risks, or how to access support, call ASACS at 655-9944.

The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) is available 24/7 for concerned parents, community members and teens in suicide crisis or emotional distress.

An online chat option is available at www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx



Don’t wait til ‘later’ to plan for your civilian retirement

In part two of two, ABC-C goes face-to-face for a human touch

JENNIFER STRIDE
Army News Service

FORT JACKSON, South Carolina — The federal Office of Personnel Management grades Army Benefits Center-Civilian documents monthly on such things as service and timeliness.

OPM grades all federal entities, allowing the ABC-C to see how its efficiency compares to that of other agencies.

Because getting a new benefits counselor up to speed takes about two years, it’s important that counselors be well trained, be personable and remain with ABC-C.

“That’s the way it has to be,” Robyn Mabry, chief of the retirement benefits branch of the ABC-C at Fort Riley, Kansas, said. “You have to build those relationships. (You) have to keep it at a personal level because we’re human resource managers.

“That’s what we do: We manage the human portion of it, and we must take care of the civilian workforce because it is our most valuable resource.”

The human touch

Four years ago, nearly 40 percent of the civilian workforce, all of whom were Baby Boomers, was eligible for retirement.

That percentage has declined since because of the number of young people entering the workforce.

To provide services to as wide an audience as possible, the ABC-C offers online retirement seminars twice a month.

It takes three benefit counselors two to three hours to brief online.

The ABC-C also is trying to develop an online presence that will answer frequently asked questions. Representatives also travel the country, offering two-day seminars like the one it held, here, in August. More than 70 people within five years of retirement attended the sessions.

Some people just want face-to-face interaction, Mabry said, not online or telephone consultations.

“I’ve seen people that were terrified and didn’t trust computers who waited for face-

to-face meetings to make decisions to retire,” Mabry said. “When it comes to something important like retirement, you can’t eliminate the human touch, or it could paralyze them.”

Rufus Barnes, a management support specialist, attended the seminar, wondering how reductions in force might affect those pondering retirement.

“The seminar (helped) prepare me for leaving the federal service within the next three to four years,” he said. “I found out that my military deposit time was not all credited.”

Barnes spoke to Mabry. After she called ABC-C, Mabry was able to verify that only three of Barnes’s seven years of military deposits had been credited. She then advised him on how to correct the situation.

“She is very knowledgeable and has the passion, not just for the employee, but for the families, as well,” Barnes said of Mabry.

Retired Staff Sgt. Leon Dugar, now a civilian with a logistics office, attended the seminar, as well. Afterward, he received a phone call from ABC-C to work on his case.

“This was very informative and told me what my exact benefits are,” Dugar said. “She is one of the subject matter experts in that area, and I’m impressed by her being here.”

Dugar plans to retire at the end of September, his second retirement.

“There was a lot of stuff that I didn’t know, so it enlightened me a lot,” he said of the seminar. “Now that I have been to this, my hesitation to retire is gone, and the information I learned will make the transition easier.”

(Editor’s note: Stride works for the Fort Jackson “Leader” newspaper in Columbia, South Carolina.)





●Dr. Jonathan Woodson (left), assistant secretary of defense for health affairs, provides the keynote address for the first Asia-Pacific Military Health Exchange (APMHE) in Da Nang, Vietnam, Sept. 14.

●The health exchange was co-hosted by the Vietnam People's Army and the U.S. Pacific Command (USPACOM, center) for 23 nations in the Indo-Asia-Pacific region.

●At bottom right, HMCN Alberia Davis and Master Sgt. Michael Freeman comprise a portion of the USPACOM joint enlisted panel that participated in the conference. The APMHE provided an opportunity to share emerging scientific information and discuss regional issues and concerns about military health.

Vietnam hosts Asia-Pacific Military Health Exchange

Story and photos by
JIM "GOOSE" GUZIOR
Tripler Army Medical Center Public Affairs

DA NANG, VIETNAM — The first Asia-Pacific Military Health Exchange (APMHE) opened, here, Sept. 14.

Over 400 participants from 23 countries braved the tropical storms ravaging the country to learn more about infectious diseases, the role of the medical noncommissioned officer, medical support of peacekeeping operations, health effects of climate change, nursing roles and a dozen more breakout health topics.

Cooperation-themed

The "Global Health Cooperation" theme of the exchange lent itself to the 20th anniversary of the normalization of diplomatic relations between the United States and Vietnam.

"We have truly come far since July of 1995, and our continued engagement signals - while history cannot be rewritten - we are the authors of our future," said Dr. Jonathan Woodson, assistant secretary of defense for health affairs. "As this conference illustrates, military health cooperation is part of this fabric of greater cooperation."

In its inaugural venture, the APMHE efficiently combined previously separate military

health meetings led by U.S. Pacific Command (USPACOM) components: Asia-Pacific Military Medical Conference (led by U.S. Army-Pacific, or USARPAC), Asia-Pacific Military Nursing Exchange (led by Pacific Air Forces, or PACAF) and Senior Navy Medical Leaders Symposium (led by Pacific Fleet, or PACFLT/7th FLT) into one joint holistic engagement with efficiencies in funding, travel time and engagement burden on partner nations all relieved.

Healthy teamwork

"We recognize that military health teams are just that - teams. All members of the team have an important role to play, and the team wouldn't be complete without all of the players," said cohort Rear Adm. Colin Chinn, command surgeon, USPACOM. "That means the various professional corps are interdependent. The various ranks are all critical to the complete team and the military health team functions in the air, on the ground, and on and under the sea."

"It has been 23 times since the first APMHE organized," said Maj. Gen. Vu Quoc Binh, surgeon general of the Vietnam People's Army. "Through these significant events, we have gained fruitful outcomes, many lessons in military medicine cooperation are shared, many cooperative initiatives are implemented, thereby contributing to strengthening the confidence building, mutual understanding and cooperation among our military medicine forces."

U.S. Army Master Sgt. Michael Freeman Jr. addresses questions about joint enlisted training opportunities at the Asia-Pacific Military Health Exchange, Sept. 14.

U.S. Army Brig. Gen. Patrick D. Sargent, commander of the Regional Health Command-Pacific in Hawaii, and scheduled co-host of the Ground Forces session later in the week, also appreciated the cooperative initiatives between the nations present at the exchange and how that collaboration can help improve multinational cooperation in order to meet health challenges.

"Every speaker talked about the value of cooperation in exchange," said Sargent, in reference to the opening ceremony addresses. "The profound statements this morning really synthesize the approach to human and animal ecosystems, and the diseases those are associated with depend upon this type of collaboration to thwart those disease processes."

The APMHE conference agenda includes plenary sessions on current global health topics, breakout sessions divided by Corps (medical, nurse, administrative, public health, enlisted) and service (ground, air, maritime) with cultural tours strewn throughout the week for all participants.

"I encourage all of you to fully take advantage of this tremendous opportunity for exchange of knowledge, experiences and expertise this week," said Chinn, "so that our military teams can become stronger."

Enlisted medic panel shares insights

JIM "GOOSE" GUZIOR
Tripler Army Medical Center Public Affairs

DA NANG, VIETNAM — "Medic!" is the call heard through the billowing smoke on the battlefield.

A U.S. Army Soldier with the familiar "aid bag" strapped to his back runs to the injured patient. He immediately assesses the seriousness of the patient's condition based on the level of distress and mental status.

This patient must be medically evacuated from the battlefield. He calls in the 9-line MEDEVAC request, and within minutes, a Marine air wing Corpsman is running from an aircraft to help get the patient aboard.

In the air, the assessment and treatment continues. On the horizon, a U.S. Navy hospital ship awaits the injured.

A Navy independent duty corpsman meets the aircraft and helps load the patient on a stretcher. The patient is stabilized, but must be transported to a military medical center.

Once on the aircraft, equipped to care for the critically injured, the patient is placed into the hands of yet another team. This team is made up of a flight nurse and two enlisted Air Force medics.

Scenario presentation

This scenario was the basis of the presentation, "Role of Medical Noncommis-

sioned Officer Panel" at the Asia-Pacific Military Health Exchange, here, Sept. 14. Over 400 participants from 23 countries listened to the enlisted medic joint panel describe the interoperability of today's U.S. military medic in the Pacific.

"They understand the ranks, live and work alongside the troops they care for and are critical for the successes we experience today," said Fleet Master Chief Mark W. Rudes, U.S. Pacific Command senior enlisted leader, to the international military audience of the APMHE. "We've learned that training jointly has improved our capabilities while finding efficiencies, streamlining infrastructure and saving money.

We now train as we fight, jointly. Logically, this has the potential to benefit us globally with other nations to professionalize their noncommissioned force."

NCO "backbone"

Many nations in the Indo-Asia-Pacific region are just beginning to understand that the "backbone of the U.S. military" is the professional Noncommissioned Officer Corps. Indonesia's first Warrior Leader Course, or inaugural NCO course, led by Tentara Nasional Indonesia - Angkatan Darat (TNI-AD), or Indonesian army - graduated in 2009.

Other Pacific nations like Nepal and Mongolia have followed the path of pro-

fessionalizing their NCO Corps.

"Once cultural biases are broken and the fear of losing authority with delegation is suppressed, a country can really begin embracing a professional enlisted force and our global health care continuum will see accelerated and rapid growth," said Rudes.

As U.S. medic teams train with partner nations during exercises, there is a two-fold benefit of U.S. joint training and NCO development of partner nations.

"We just recently had our (medics) jointly deployed on U.S. Navy ships in support of Pacific Partnership all across the Pacific," said U.S. Army Master Sgt. Michael Freeman Jr. during his panel remarks at the APMHE. "Supporting humanitarian assistance missions in Kiribati, the Federated States of Micronesia, Solomon Islands, the Philippines, and right here in beautiful Vietnam, conducting medical health exchanges with host nation countries, is invaluable training for NCOs."

U.S. Air Force Master Sgt. Yvette Rose, international health specialist for Pacific Air Forces, emphasized the joint picture.

"These enlisted medics used their knowledge and training to help the injured Soldier survive from point of injury all the way to the large, joint medical facility. This is one example of how well-trained enlisted medics can jointly contribute to saving lives," she said.



Staff Sgt. Thomas G. Collins; 500th Military Intelligence Brigade Public Affairs

FORT SHAFTER — Soldiers participate in a medical evacuation training exercise, here, March 20.

What is a medic?

Army health care specialists, also known 68W combat medics, provide emergency medical treatment, primary care and health protection, and evacuation from a point of injury or illness.

Combat medics have critical skills that are crucial to saving lives on and off the battlefield.

During their training period, the medics attend a course, which combines a classroom setting with hands-on exercises as they practice techniques. For example, students practice starting intravenous lines, treating fractured limbs, controlling bleeding, establishing and maintaining a patient's airway and breathing, and treating of injuries common to today's battlefields, including difficult terrain rescue techniques.

At the completion of the course, students can feel confident that they possess the skills to treat injuries and save lives.

Fully trained 68W combat medics complete the same testing and certification or recertification requirements as civilian emergency medical technicians or EMTs.

For more information on the 68W Sustainment Program, call 433-5204.



Briefs

Today

Hawaiian Lunch Buffet — Enjoy a traditional Hawaiian luau lunch buffet every last Friday of each month from 11 a.m.-1 p.m. at FS Hale Ikena for \$14.95/per person. Large parties are welcome. For reservations, call 438-1974.

26 / Saturday

Drags & Drifts Car and Bike Show — Get ready to show off your car from 11 a.m.-6 p.m. in the SB Tropics Recreation Center parking lot. This free event, in partnership with Better Opportunities for Single Soldiers (BOSS), is open to DOD ID cardholders 18 and older.

Car and motorcycle registration is \$20 in advance and \$25 the day of the event for each registered vehicle. Call 655-5698.

SB Kolekole Bar & Grill — Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays; 6 a.m.-3 p.m., Sundays.

Parent’s Night Out — CYS Services offers this event to families in our military community, 6-11 p.m., who are registered with CYSS. Reservations will be accepted on a first-come, first-served basis at the Parent Central Services (PCS) Office.

Children ages 6 weeks through 5th grade are welcome. To register, visit one of the CYS Services PCS offices.

Nonrefundable fees are as follows: military members, E-5 and below, \$20, for one child; E-6 and above, \$25, for one child; \$5 each additional child.

Children should have their dinner prior to arriving.

Moonlight Paddle — Come bask in the moonlight with Outdoor Recreation, 6-10 p.m., for a cruise in the Anahulu River on the North Shore of Oahu, under the light of the full moon. This is a unique and fun activity for the whole family.

Outdoor Rec. will provide the transportation (up to 12 people), equipment and instruction. You get to choose between a stand-up paddleboard or a kayak. All you need to bring is water and snacks. Sign up at Outdoor Rec. no later than noon, Sept. 25. Call 655-9046.

27 / Sunday

FS Sunday Brunch — Enjoy Sunday Brunch at Hale Ikena from 10 a.m.-1 p.m. Visit [www.himwr.com/](http://www.himwr.com/images/dining/haleikena/2015-Hale-) images/dining/haleikena/2015-Hale-

ALOHA FESTIVALS



Photos courtesy of Aloha Festivals

WAIKIKI — The 69th annual Aloha Festivals Floral Parade will be held from 9 a.m. to noon, Saturday, from Ala Moana Park through Kalakaua Avenue to Kapiolani Park. One of Hawaii’s largest parades, it features more than 2,000 participants, including Pa’u riders (photos 1, 4 and 5), a royal court (photo 2), bands (photo 3) and floats. For more information, visit www.alohafestivals.com.

Ikena-Sundaybrunch-menu.pdf for a full menu. Call 438-1974.

28 / Monday

Mongolian BBQ — Barbecue starts at 5 p.m. at SB Kolekole Bar & Grill. You can customize delicious, healthy food in endless different ways.

Create your own stir-fry using a variety of meats, poultry, seafood, vegetables, sauces and spices. Every stir-fry is served with your choice or combination of rice, fried rice and noodles.

30 / Wednesday

FS Library Story Time — Mermaid Harmony is returning for another great storytelling session featuring mermaid stories and songs, 3:30 p.m., at FS library.

October

2 / Friday

Sesame Street — Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets to military

families with two shows at SB Martinez Physical Fitness Center:

- Moving Show, 3 p.m., features Katie, a military kid on Sesame Street who is moving to a new base.

- Transitions Show, 6 p.m., also features Katie, a military kid transitioning back to civilian life at Sesame Street after living on military bases the past few years.

Both events are free for military families and their children and include free giveaways. Call 655-0113.

Ongoing

Pau Hana Social — SB Kolekole Bar & Grill offers end-of-workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

Auto Repairs — Services are now offered by Tech-Center Hawaii at the SB Auto Skills Center. Get quality repairs at affordable prices. Call 888-2931 or 769-7454.

SKIES Unlimited New Programs — Attend any of the following programs:

- Learn Spanish for 18 months at the AMR and SB SKIES Studios. Participants must be 18 years of age; costs \$55/month/child.

- Yoga dance class for 3-18 years old and the Art of Middle Eastern Dance for 5-18 years old at our AMR and Schofield SKIES Studios; fee is \$35/month/child.

- Vocal Technique if you love to sing. Join the class and sing the night away. Class meets on Fridays from 5:30-6:30 p.m. at the SKIES Studio.

Open to children 6-18 years old; fee is \$35/month/child. Call 655-9818 for more information.

SKIES Unlimited School of Art — Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays.

Open to CYS Services registered children ages 7-18 at \$55/month. Call 655-9818.

10 / Saturday

Living History — The SB Tropic Lighting Museum hosts Living History Day to commemorate the 25th Infantry Division’s organization day, 10 a.m.-3 p.m.

This event features static exhibits of modern military Soldiers and equipment, military memorabilia, restored military vehicles, re-enactors in period uniforms, hands-on displays of military artifacts and more.

16 / Friday

Volunteers Needed — Hundreds of volunteers are needed for the Kaneohe Bay Air Show and Open House to assist in food service, marketing, ticketing and more.

Visit www.kaneohebayairshow.com/volunteer.html.

17 / Saturday

Kaneohe Bay Air Show and Open House — This two-day Marine Corps Base Hawaii, K-Bay, open house includes free admission, parking and a world-class air show.

The family friendly event will feature the U.S. Navy Flight Demonstration Team and the Blue Angels, along with professional performers and historical Warbirds, static displays and keiki events. Visit www.kaneohebayairshow.com/index.html.

October

7 / Wednesday

Keith Urban Concert — One of the industry’s most electrifying live performers, four-time Grammy Award winner and American Idol judge Keith Urban will perform at the Blaisdell Arena, Oct. 7.

Tickets are on sale now at the Blaisdell Box Office, Ticketmaster.com and all Ticketmaster outlets on all islands, or charge by phone at 1-800-745-3000.

dressed; comments not addressed during the town hall will be answered during the days following the event.

Quarterly town halls are held to foster free-flowing conversations between the installation and its customers.

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319.

Schofield Family Night is held Wednesdays at 5:30 p.m. with most of the same programs.

diac emergency and how to save lives. Learn more and RSVP at www.hawaiiheart.org/kids-teaching-kids-family-cpr-training.html.

28 / Monday

Community Information Exchange — The next CIE is 9-10:30 a.m. at the Nehelani. The briefing is open to the public and focuses on installation and community matters. Key service providers will provide details of upcoming events for 30-60-90 days, followed by an open forum and Q&A session.

29 / Tuesday

Facebook Town Hall — The U.S. Army Hawaii community is invited to participate in a Facebook town hall, 6-7:30 p.m.

During the virtual town hall, subject matter experts will directly respond to questions and comments posted on the "Events" tab on the garrison's Facebook page. Anyone who wants to interact must have a Facebook account.

Access the garrison's Facebook page at www.facebook.com/usagha.waii. Click on the "Events" tab in the upper tool bar, and then click on the September event to access the town hall.

All questions and comments posted during the event will be ad-

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 10 a.m. at WAAF

This Week at the
MOVIES
Sgt. Smith Theater

Temporarily closed
for maintenance

This Week at the
MOVIES
Sgt. Smith Theater

Schofield Barracks

Sgt. Smith Theater

is closed for
Directorate of
Public Works
maintenance work.

No reopening
date for movie
viewing
is now scheduled.

Call Schofield
Exchange at
237-4502/4572.

This Week at the
MOVIES
Sgt. Smith Theater

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

26 / Saturday

Aloha Festivals Floral Parade — More than 2,000 participants, 40 vehicles, 10 bands and 15 floats parade down Kalakaua Avenue beginning at 9 a.m., and ending at the Waikiki Shell. Visit www.alohafestivals.com.

National Take Back Day

— Turn in used or expired medication for safe, anonymous disposal, 10 a.m.-2 p.m., at the Schofield PX donation spot.

Free CPR Training — The Hawaii Heart Foundation is partnering up with Naval Health Clinic Hawaii to offer free CPR training for any child of a Department of Defense ID cardholder, 10 a.m.-noon, Sept. 26, at Joint Base Pearl Harbor-Hickam Fitness Center.

Kids will learn what to do in a car-



POSTER CONTEST

DON'T BE A BYSTANDER

TAKE A STAND!

YOUTH

Poster by Jennifer Epps, 9th Grade, 1st Place High School Division, Overall Winner.

Sexual Harassment Assault Response & Prevention

Hawaii SHARP 24 / 7

Hotline (808) 655-9474

Adolescent Support and Counseling Service

(808) 655-9944

Suicide Prevention

Hawaii Hotline

24-hr Crisis Line: (808) 832-3100

Neighbor Islands: (800) 753-6879

Installation Safety

USAG-HI Safety: (808) 656-1173 /

(808) 655-1167

‘Take A STAND!’ poster contest draws USARHAW youth for inspiration

LEANNE THOMAS
Army Public Health Center

SCHOFIELD BARRACKS —This month, issues identified in the senior commander’s Take A STAND! campaign – which include preventing safety violations, suicide, substance abuse and sexual harassment and assault – and the vulnerabilities among our youth received a creative voice through U.S. Army Hawaii youth.

Over 40 kids and teens, in kindergarten through 12th grade, participated in the Youth Take A STAND!” poster contest by submitting hand-drawn posters that draw awareness to youth-related issues.

Child advocates from a variety of Army programs, including the Adolescent Support and Counseling Services (ASACS); the Comprehensive Soldier and Family Fitness (CSF2) Training Center; Tripler Army Medical Center (TAMC) Behavioral Health; Child, Youth and School Services (CYSS); and the U.S. Army Hawaii Health Promotion Operations office are playing an active part in the creation of the keiki “Take a STAND!” initiative.

Entries submitted harmonized the contest’s theme “YOUTH – DON’T BE A BYSTANDER, TAKE A STAND!” with the campaign’s slogan in an effort to teach the meaning of taking a stand.

Sara Hill, the ASACS clinical supervisor and child advocate, explained that the Youth Take A STAND! campaign is a response towards supporting our youth, particularly our ‘tweens

and teens.

“They have a venue to not just live in our community, but instead, to participate and contribute to the wellness and safety of the US-ARHAW community,” she said.

Themes

Several themes emerged from the US-ARHAW youth during the contest. For example, to prevent bullying, one kindergartener designed a poster stating, “NO BULLIES IN THE BUILDING.”

To draw awareness to suicide prevention-related issues, middle schoolers explained that “NO ONE ELSE CAN PLAY YOUR PART!”

The inspiring artwork will be featured in the “Hawaii Army Weekly” over the coming weeks, reinforcing our children’s unique abilities to express their own ideas and to, also, encourage our youth to be a part of the Youth Take A STAND! campaign.

Building momentum

Following the poster contest, providers will facilitate resiliency-based activities and classes based from the poster’s emerging themes beginning in October.

Class and activity participation will require parental approval.

Interested youth and their parents are invited to contact the USARHAW Health Promotion Operations office at 655-4772 for more information on the Youth Take A STAND! campaign’s activities.

Here’s your invitation to enter the ‘housewife zone’

Think of “The Twilight Zone” ...
... *“You are about to enter another dimension, a dimension of not only dust and dirt, but of lost minds. A journey into a chaotic, lawless land, bound only by your imagination. Next stop ... The Housewife Zone.”*

Case study
Consider if you will, Lisa Molinari, me, a Navy wife and mother of three, who, like many military spouses, works from her home.
She wakes on Monday morning with a sense of dogged determination.
After her husband, Francis, leaves for work and the kids get off to school, she wipes the kitchen counters, empties the dishwasher and feeds the dog. She fills a bucket with disinfectant and mops the mudroom, kitchen and bathrooms.
She vacuums the bedrooms, family room, living room and sun porch, sucking the fuzz from corners with the crevice tool. She dusts the living room thoroughly, to include the tedious nooks and crannies of her husband’s military coin display racks.
She eats lunch at her desk, while answering



necessary emails with thoughtful details and accurate punctuation. She waters the garden, weeds the beds and sweeps the porch while throwing the tennis ball for the dog. She listens for the buzz of the dryer, completing three full loads during the course of the day.
By the time Francis arrives home from work, the house is spic and span. She serves her family a delicious dinner of marinated flat iron steak sautéed with shallots and mushrooms in a red wine reduction, and a side of caprese salad using tomatoes and basil fresh from her garden.
“I’m a complete failure,” Lisa says, flipping a morsel of gristle to the dog.
“Huh?” Francis responds, shoveling the last of the mushrooms onto his fork while still enjoying the pleasant scents of Pine Sol and beef

drippings.
Lisa slumps in her chair with a sigh.
“Ever since I started working from home as a writer, I live in some kind of mixed-up dimension. I feel bad if I don’t get my writing done because I spent too much time cleaning and cooking. But if I spend the day writing, I feel like I’m a lousy housewife. I can’t win,” I say.
“Yeah, that’s pretty messed up,” Francis says, muffling a satisfied belch with his napkin.
Lisa watches her husband shuffle off to his lounge chair, picking crumbs off his shirt and eating them like some kind of primate. She is envious.
Thanks to the military, Francis lives within the comfortable confines of world-clear expectations. The Navy dictates what he wears, his hairstyle, what time he leaves the house, what he does all day, and even how much body fat he has.
Lisa, on the other hand, lives in the upside-down world of the housewife (or househusband, as it were), where she has a million things to do, but no one tells her when, where or how to do them. In this vast dimension, Lisa’s actions are bound only by her imagina-

tion.
If she wants to wear pajama pants and her son’s old football camp T-shirt until 3 in the afternoon, no one will stop her. If she feels like googling all her old high school boyfriends for two hours while she’s on deadline, that’s her prerogative.
If she finds apple fritters on the day-old rack at the Stop & Shop, no one will know if she buys them, takes them home and attempts to consume all four of them for lunch with a milk chaser while watching DVRed episodes of “Naked and Afraid.” ... Not that she’s ever done anything like that, of course.
And, in the most bizarre twist of irony, now that Lisa works from home, she also feels guilty if she does too much housework.
This harrowing tale has no moral, no message, no prophetic omen. Just a simple caveat to military spouses everywhere: Self-discipline, time management and balance are essential weapons for survival in ... “The Housewife Zone.”
(A 20-year military spouse and mother of three, Molinari shares insights online at www.themeatandpotatoesoflife.com.)



TAMC TIP

Running Safety



Prevent running injuries by not over training or training “too much, too soon.”

Over training is one of the main causes of injury. Instead, use a “drop-down plateau progression” principle where you are increasing your running mileage for 2-3 consecutive weeks, then decreasing

for one week, before increasing mileage again the following week.

Do not increase running mileage and/or volume greater than 10-20 percent, per week.

Consider running some mileage on a treadmill, gravel, grass or a dirt road. Avoid running all your mileage on pavement.

Do other exercises like swimming, deep water running, biking or elliptical training once a week, and more frequently, if injured.

Take at least one day, per week, off from running.

Add core strength training to workout routines, too. Perform plyoball or stability big-ball exercises, front planks, side planks, bridges, quadruped position opposite arm/leg raises.

Since running is a single leg exercise, it is important to perform specific strengthening: single leg squats and dumbbell exercises while standing on one leg.

(Note: Dr. Nathan H. Carlson provided this content.)

TRICARE signals benefit changes

TRICARE
News Release

Starting Oct. 1, 2015, a new law requires all TRICARE beneficiaries, except active duty service members, to get select brand name maintenance drugs through either TRICARE Pharmacy Home Delivery or from a military pharmacy.

Beneficiaries who keep using a retail pharmacy for these drugs will have to pay the full cost.

Maintenance drugs are those you take regularly for a long time, such as drugs to control blood pressure or cholesterol.

The law does not apply to drugs you take for a short time, like antibiotics or generic drugs. Beneficiaries living overseas, or with other prescription drug coverage, are not affected.

The TRICARE pharmacy contractor, Express Scripts, is sending a letter to beneficiaries taking an affected drug, explaining their options. Beneficiaries can contact Express Scripts at 1-877-363-1303 to see if they are affected.

After Oct. 1, beneficiaries still filling an affected drug at a retail pharmacy will receive another letter informing them of the change to the benefit. After that, beneficiaries have one final “courtesy” fill at a retail pharmacy. If they fill at a retail pharmacy again, they have to pay 100 percent of the cost of their medication.

TRICARE Pharmacy Home Delivery is a safe, convenient and low cost option to get maintenance drugs. You can get up to a 90-day supply, as opposed to a 30-day supply from a retail pharmacy. You save up to \$176 a year for every brand name drug you switch to Home Delivery.

Military pharmacies offer up to a 90-day supply of drugs at \$0 copay, but not all drugs are available. You can check with your local military pharmacy to see if it carries your prescription.

Online
For more information about this change to TRICARE’s pharmacy benefit, visit www.tricare.mil/RxNewRules.

